

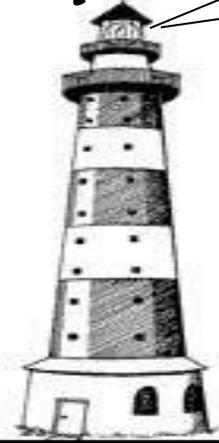
# THE SENIOR BEACON

A MONTHLY PUBLICATION OF  
NEPTUNE TOWNSHIP DEPARTMENT OF  
SENIOR SERVICES AND  
SENIOR CENTER

1607 CORLIES AVENUE  
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September  
2022



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## HEADLINE NEWS

*I always thought September a strange month. It starts as a continuation of those hot, humid care-free last days of summer. But as if September were watching the calendar, things begin to change. The sun sleeps in a little more each day and goes to bed a little earlier. The flowers lazily nod their heads as the work of summer starts to tire them out.*

*Suddenly one day, you can't quite put your finger on it; you know its Fall. Summer schedules of thinking about the sand and the sea give way to searching for your favorite sweater that first cool evening. You stop dreaming of vacation getaways and set about listing what needs to be done before the weather changes. You fret about what you meant to accomplish but just did not get around to. You contemplate the coming of cold days, the holidays and the feeling of isolation that sometimes accompanies the deep days of winter.*

*But this is where September is an incredible teacher if you'll learn. You see, September lets the trees know that their gowns of green which they have carefully guarded will soon become costumes of changing colors and hues. What the trees have so desperately clung to through storms they'll shed.*

*Do not believe this means they are failing. September schools them that it is alright to let go. In fact, it is important to let go.*

*September heralds the beauty of relinquishing what has passed. It encourages one to embrace rest as one awaits new growth that comes with Spring.*

*It is in that letting go; not out of desperation but realizing some things have simply come to their natural end. The change is not signifying failure, it is in fact preparing for new growth. September lets us store away thoughts and memories to make room for new ones to come.*

*This September I will shake off what I have been carrying around, but I'll do it in my own style.*

*Then I'll be prepared when it's time for the next great things.*

*Won't you join me?*

*Randy*



## **From the Desk of Robert Lane, Senior Center Liaison**

*It's Back To School! For all families and grandparents of school age children; I welcome all the new children joining our Neptune Township Community of Learners this year as well as our returning Learners.*

*What better way to start any month than with a holiday! Happy Labor Day! While enjoying the end of summer and BBQ's, remember that this holiday began in the late nineteenth century when labor activists demanded a federal holiday to recognize the many and varied contributions of workers. So, this holiday recognizes and celebrates the contributions those laborers who made and make America a nation of strength, prosperity, and well-being.*

*Don't forget our own Neptune Day is Saturday, September 10 from 12 - 5pm at the Heck Ave parking lot by the middle school. It's a great family fun day filled with food, games and more. In case of rain, we will see on Sunday, September 11, same hours.*

*Pound the Pavement 5K Race/ Walk, a fundraiser for Pancreatic Cancer Research benefitting the Lustgarten Foundation, will be held Saturday, September 24. The race starts at 10am at the Headliner. For more information email us at [poundforpurple@gmail.com](mailto:poundforpurple@gmail.com)*

*Two other events not to miss are the 25th Annual British Car Show from 10 - 4pm on September 17 in Ocean Grove and the formal rededication of the WWI and WWII monuments on Sunday September 25 at 1pm on Broadway. This special ceremony will honor the history and the memory of those who served. Rain date is October 2.*



*Until next month, enjoy the final fun days of summer!!!*



## **PROPERTY TAX REIMBURSEMENT "SENIOR FREEZE"**

**DEADLINE MONDAY, OCTOBER 31**

This property tax relief program reimburses property tax or mobile home site fee increases to citizens over the age of 65 or disabled homeowners. To qualify, you must meet all of the requirements. For further info, call 1-800-882-6597 or call Outreach at the Center at Ext.570.

WE HAVE A GIFT FOR YOU ON  
YOUR SPECIAL DAY!! STOP BY  
THE CENTER NEAR YOUR  
BIRTHDAY AND LET US  
HELP YOU CELEBRATE!



### **CALLING ALL CHESS PLAYERS!**

We are excited to welcome chess players to join our new group. Chess will meet on Wednesdays from 1-3pm at the Center. For more information or to join, please contact ext. 587.



### **ACTING**

TUESDAYS AT  
1PM

Let your inner performer out  
in an unintimidating setting

*It's never too late to have fun and learn a new skill- Linda  
An amazing class that's creative, nurturing, and insightful- Jill  
I have learnt so much about myself and acting- Maureen  
Lead by Actor/Director Richard Schlossbach*

## **CONGRATS TO OUR SENIOR CENTER ART SHOW WINNERS**

### **Monmouth County Fair Art Show**

1st Place: Beverly S.



2nd Place: Linda A



3rd Place: Ron C.

**Honorable Mention:** Vivalyn S.,  
Marion D., Diana D., John L.,  
Frances B., Bonnie G.

### **Monmouth County Art Show**

2nd Place Acrylic: Beverly S.

2nd Place Oil: Marilyn S.

3rd Place Oil: Linda A.

## **PROTECT YOURSELF NOW WITH TELEPHONE REASSURANCE**

"Telephone Reassurance" is for any senior who lives alone.

Participants are called Monday thru Friday, between 9am and 11am. Volunteers monitor the "Hotline" and, if they do not hear from you, our staff will immediately follow-up with emergency procedures to ensure your well-being. Protect yourself.



### **LEGAL ASSISTANCE AVAILABLE AT CENTER**

Free legal assistance provided by South Jersey Legal Services is available for seniors 60 years of age or older. Please contact Ext.589 to schedule your appointment. Complex legal matters may need to be referred elsewhere.

### **HEALTH INSURANCE ASSISTANCE AVAILABLE AT THE CENTER**

**S.H.I.P.** (Senior Health Insurance Program) provides assistance with your health insurance. A counselor is available at the Center. Call Ext.589 for an appointment.



**All Municipal Offices and Senior Center will be closed on Monday, September 5 in observance of Labor Day**



**"THE NURSE IS IN"**

**TUESDAY, SEPTEMBER 13 FROM 9:30AM – 11:00AM**

Our nurse from the VNA will be at our Center to provide blood pressure checks, discuss medications, and chat with anyone who would like to meet with her about particular medical concerns.

**"ARTHRITIS JOINT PAIN"**

**PRESENTED BY HACKENSACK MERIDIAN HEALTH**

**WEDNESDAY, SEPTEMBER 14 AT 1:30PM**

Rehabilitation experts from Hackensack Meridian Health will be at the Center to discuss arthritis joint pain and the different treatment options available. Join us!



**CAREGIVER SUPPORT GROUP WITH RANDY**

Our Caregiver Support Group led by Center Director, Randy Bishop. This group is for families, partners, and other caregivers who want a safe place to discuss the stresses of providing care for an individual. This support group meets the third Wednesday of every month at 1:30pm. Come when you can or simply when you need the support.

**\*September meeting cancelled. We'll resume in October\***

**FOREVER YOUNG CLUB OPEN FOR NEW MEMBERS**

Our women's "Forever Young" club is open to anyone interested in joining. The women meet on the second and fourth Thursday of each month. For further info about this club, please contact Ext.587.

- Thursday, September 8 at 1pm – Business Meeting at Center
- Thursday, September 22 at 1pm – Out to lunch



**"HIV AND AGING AWARENESS"  
PRESENTED BY  
HACKENSACK MEDRIDIAN  
HEALTH  
FRIDAY, SEPTEMBER 16  
AT 10AM**

Join us to learn about how you can help educate our community and family members about HIV. Learn about the virus, who is at risk, and how it affects people and how they age. Bring your questions and family members and get educated.



**"INTRO TO ITALIAN"  
WITH LARRY  
EVERY FRIDAY FROM  
SEPTEMBER 16 – OCTOBER 21  
FROM 10:45AM – 11:45AM**

Larry returns to instruct Italian classes. Reading, speaking, writing, and understanding Italian will be emphasized. Beginners are welcome as well as those looking to build on previous skillsets. Registration begins at 9:30am on Wednesday, September 7 with Lindsay at ext. 587.

**"DEHYDRATION"  
PRESENTED BY  
DIANE WEST, R.D.  
TUESDAY, SEPTEMBER 20  
AT 11AM**

Bring your questions and get the answers you need about this very important topic.

**"THE SHINGLES AND YOU"  
PRESENTED BY GEORGIAN  
COURT NURSING STUDENTS  
FRIDAY, SEPTEMBER 30  
AT 11AM**

Georgian Court Nursing students return to discuss the Shingles and provide blood pressure screenings.

**MEN AND WOMENS' BREAKFAST  
TUESDAY, OCTOBER 4 AT 10AM**



Enjoy breakfast at the Center along with a presentation by the Monmouth County Division of Consumer Affairs. This presentation will cover information and steps you can take to protect yourself against phone scams and internet safety tips. Reservations required and begin Tuesday, September 20 at 9:30am.

**Regular lunch and afternoon programs cancelled that day.**

**September  
2022**



**Neptune**  
Township - NJ

*Where Community, Business & Tourism Prosper*

**We are so happy that you are a part of our Senior Center Family.  
If we can be of assistance to you and/or your family,  
please contact us at anytime. We look forward to having you  
visit us in the near future.**

**Randy Bishop, Director  
Kristina Torres, Deputy Director**

**Recreation/Programming**

**Lindsay Okuszki - Coordinator**

**Outreach Services**

**Ryan Ugrovics, CSW**

**Transportation Services**

**John Lalanias - Driver**

**David Pyle - Driver**

**Robert White - Driver**

**Hope Williams - Driver**

**Custodial Services**

**Ralph Parkman**

**Nick Megill**

**Dining Services**

**Teresa Richard - Manager**

**Jennifer Nurse - Aide**

**Carol McDonald - Aide**

**Administrative Office**

**Michelle A. Swift - Administrative Assistant**

**Sondra Attridge - Senior Programs Representative**

RETURN SERVICE REQUESTED

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